

# ***The Faith Connection***

*~ News and Ideas for Your Health Ministry ~*

**February 10, 2010**

The Mercy Parish Nurse and Health Ministry Program, 1515 Locust Street, Suite 705 ~ Pittsburgh, PA 15219  
412-232-5815, [ParishNurse@mercy.pmhs.org](mailto:ParishNurse@mercy.pmhs.org)

## **Upcoming Events**

### **Health Ministry Workshop**

- Learn how you can promote healthy living
- Health care background not required
- What is health ministry and how you can serve
- Team building
- Give as much or as little time as you have to serve the Lord in your church

Offered on these two dates:

Date: Saturday, February 20, 2010  
Time: 9a.m. – 1:30 p.m.  
Location: Mercy Health Center, Room 101  
1515 Locust Street  
Pittsburgh, PA 15219

Date: Saturday, March 20, 2010  
Time: 9a.m. – 1:30 p.m.  
Location: UPMC Mercy  
Room 2190

Free parking in the UPMC Mercy Locust Street garage  
Bring a lunch or purchase one in the hospital cafeteria  
\$15 per person

### **Parish Nurse and Health Minister Meetings for Education and Support**

**Topic:** Parish Nurse Focus: Managing Chronic Illness

This workshop provides a wholistic overview about people and their family living with chronic illness. Key issues about living with chronic illness are discussed as well as coping strategies for the patient and family. The role of the Parish Nurse in meeting clients' complex needs is included. 2 CEs\* offered to registered nurses who attend.

## **March 3, Wednesday, 5:30 - 8 p.m.**

Speaker: Joan McMahon, RN, BSN, MPH

Adjunct Associate Professor, Carlow University, School of Nursing, Pittsburgh, PA

## **March 6, Saturday, 9 a.m. - noon**

Speaker: Nedra Hazlett, MSN, CRNP

Women's Health Nurse Practitioner, Natrona Heights OB/GYN Associates and Pittsburgh Medical Associates

UPMC Mercy

Room 2190

1400 Locust Street

Pittsburgh, PA 15219

Free parking in the UPMC Mercy Locust Street garage

CE Offering: 2.0 Contact Hours for RNs – Fee \$15\*

\*No cost to attend for those not wanting CE credits

Please register at least one week in advance of each meeting.

Contact us by phone: 412-232-5815 or email [ParishNurse@pmhs.org](mailto:ParishNurse@pmhs.org)

*\* UPMC Mercy designates this continuing education activity for 2.0 clock hours. UPMC Mercy is approved as a provider of continuing education in nursing by the Pennsylvania State Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. UPMC Mercy, ANCC COAC and PSNA do not endorse any commercial products as a result of the CE activity.*

## **April 10, 2010: 9 a.m. - noon**

Parish Nurse and Health Ministry 201: Developing and Sustaining a Program

- This meeting is in response to the many questions we hear...
  - Parish Nursing (or Health Ministry) is started at my church...but now what?!
  - I'm not sure where to go from here.
  - How do I get a Health Ministry Team started?
  - How do I re-energize my team?
  - I have concerns and need input and advice from others.
  - How can we get more volunteers?
  - We have a new pastor who doesn't understand health ministry. Help!
  - I don't want to get overwhelmed and wonder how others manage.
  - I need help with bulletin boards and publicity.
- and
- We've had great successes at our church. I'd like to share them with others.
- Come join with others. Share concerns. Brainstorm solutions. Celebrate success.
- Contact others who trained with you. Plan a mini-reunion to hear what everyone is doing!

*"We work together as partners who belong to God." 1 Corinthians*

***Developing and Sustaining a Program, continued***

Saturday April 10, 2010, 9 a.m. – noon

UPMC Mercy

Room 2190

1400 Locust Street

Pittsburgh, PA 15219

Free parking in the UPMC Mercy Locust Street garage

Please register at least one week in advance of each meeting.

Contact us by phone: 412-232-5815 or email [ParishNurse@pmhs.org](mailto:ParishNurse@pmhs.org)

**May Support Meeting – dates to be announced**

How to Start a Parish Nurse Ministry

- Steps and organizational structure for beginning a parish nurse ministry
- Realistic expectations and priorities for first six months
- Learn how to assess resources within and congregation and the community

Earn 2 CEs

Speaker: Dorothy Mayernik, Manager

Mercy Parish Nurse and Health Ministry Program.

**Parish Nurse Basic Preparation Course**

**Summer Session:** Four-day Course: May 21 - 22 and June 11 – 12, 2010

**Cost:** \$395. RNs will earn 30 CEs\* and be commissioned as Parish Nurses.

Others will be commissioned as Health Ministers.

# Parish Nurses Making a Difference

## Health Ministry is Happening...

**Rose Trombetta and Colleen Skvarca** have the “Walk to Jerusalem” underway at **St. Elizabeth Ann Seton Parish in Carnegie**. This wholistic program encourages daily walking for exercise combined with prayer and meditation for spiritual growth and stress management.

Rose and Colleen write, “Before Christmas we started advertising in the bulletin so that people could start thinking about joining. We prepared 1,000 packets with instructions, log sheets, and prayer cards. So far 800 packets have been picked up. There’s been a steady increase in the number of people who have turned in their weekly mileage logs. In the back of the church we posted a large map that marks the 3,000 miles between Carnegie and Jerusalem and hope to log the 6,000 miles that will get us there and back by Palm Sunday. The 200 packets we have left will be given out to the CCD students this weekend.”

Rose started the Parish Nurse Ministry in 2001, and Colleen joined her after completing the Parish Nurse Basic Prep Course this past June.

**Diane Battaglia**, who is currently enrolled in the Jan/Feb Basic Prep Course, initiated her first health wellness program at St. Albert the Great Parish in Baldwin. Diane taught a class on healthy eating and set up office hours for parishioners to stop by to talk about their health concerns and have their blood pressures checked.

**Bernie Shipeck**, commissioned at the Parish Nurse Course in June 2009, called to tell us that she started writing a “Wellness Corner” article in the church bulletin at St. Victor’s in Bairdsford, and that her ministry is “really taking off!” “I did some legwork and found a lot of resources that people didn’t know about in this rural area. It’s only a bulletin article, but it’s amazing how you can reach so many people.”

Please call and tell us what’s happening in your parish nurse ministry!

# Research Study: Can you help?

Our colleagues at the University of Pittsburgh School of Nursing asked us to get the word out about one of their current projects:

The Habit Study is a research study being conducted by the nursing faculty at the University of Pittsburgh to look at how patients manage their medications. The study will show participants new techniques that will help them take their medications on time. All the information collected will be treated with confidentiality.

*Who can join the Habit Study?*

- Adults 40 years of age and older
- Take medication for Type 2 diabetes, high blood pressure, or high cholesterol
- Take at least one medication twice a day for one of the health conditions listed above.

*What will I be asked to do?*

- Fill out a series of questionnaires
- Participate in a maximum of four face-to-face visits; have your blood pressure taken and blood samples (by finger sticks) collected.
- You will be compensated for your time.

If you would like more information or are interested in participating, please call toll-free at 1-866-681-7556.

## Your Feedback is Important to Us

*Please let us know about the health ministry activities you are carrying out in your church. We are interested in knowing how our efforts as a regional resource center are helping you to contribute to the health and well-being of the members of your congregation. Thank You!*

Send an e-mail with the following information to [ParishNurse@mercy.pmhs.org](mailto:ParishNurse@mercy.pmhs.org)

**Your name and contact information:**

**Church/congregation:**

**Brief description of the activity:**

**Number of people attending/benefiting:**

# Focus on Health and Wellness

February has always been known as the “short month”, but it is still packed with many opportunities for the parish nurse to focus on. With Valentine’s coming on the 14<sup>th</sup>, we can’t help but see red and think about hearts. It is no wonder that the entire month is used to focus on the care of our hearts. Each day all year long parish nurses demonstrate a caring heart as they share a heart for Jesus with the people they serve. With Valentine’s Day coming on a Sunday, what better time to wear red to church and handout bookmarks or bulletin inserts that talk about good heart care?

All of us are touched by the disaster in Haiti – as well as the problems in our churches and communities. We can focus on the many challenges and be overwhelmed or thank God for the many opportunities He puts before us to serve. We cannot do everything, but we can all do something.

*Let’s not forget that Ash Wednesday starts February 17. Many churches encourage these weeks leading up to Easter be set aside as a time of reflection on the great gift of salvation that our Savior won for us with His death and resurrection. Some churches suggest giving up something such as sweets during this time. Maybe adding something like walking for 30 minutes a day or spending time in prayer would be another way to encourage Lenten reflection.*



## Bulletin Articles for March

**HEALTH HAPPENINGS for March 2010**

**March 20 is the first day of spring!!!**

**“BEHOLD! I MAKE ALL THINGS NEW, SAYS THE LORD. ALLELUIA!” (Rev. 21:5)**

Spring is a time when all creation comes alive anew - we, too, are refreshed in body, mind, and spirit. Maintaining our bodily health is a way of making sure of this renewal. Spring is a time to choose to be healthy. Where to begin? Quit smoking, exercise more, shed pounds, manage stress, laugh frequently, and achieve your best blood pressure - these are a few ways that lead to healthy living.

# International Parish Nurse Resource Center (IPNRC)

[www.parishnurses.org](http://www.parishnurses.org) and click on 'Events'

This was taken from the current the IPNRC Website

## 60 Second Paper

What is the most important thing you have learned about the parish nurse practice?

**P** ractical  
**A** rtistic  
**R** esearch based  
**I** ntentional  
**S** elfless  
**H** olistic

**N** ot always tangible  
**U** nconventional at times  
**R** estoring the body and soul  
**S** pirit building  
**I** nnovative  
**N** ursing at its finest  
**G** ratifying

Submitted by: Pam D'Andre, Parish Nurse; Kiev, Ukraine

## Parish Nurse Resources

**Tuesday, March 23 is the Annual American Diabetes Association “Alert Day”**

**“22<sup>ND</sup> ANNUAL AMERICAN DIABETES ASSOCIATION ALERT DAY 2010”**

**What is American Diabetes Association Alert Day?**

American Diabetes Association Alert Day is a one-day “wake-up” call asking the American public – “*What will you do to Stop Diabetes? Know your risk.*” Held on the fourth Tuesday of every March, the 22nd annual Diabetes Alert Day is scheduled for Tuesday, March 23, 2010. On Diabetes Alert Day, the American Diabetes Association will encourage people to join the Stop Diabetes movement by taking the Diabetes Risk Test to find out if they are at risk for developing Type 2 diabetes.”

Go to: [www.diabetes.org/community-events/programs/alert-day](http://www.diabetes.org/community-events/programs/alert-day) for more information on this one day blast of information and awareness. You will be able to print posters and bulletin inserts to make this one day awareness easy to present.

Checkout this website for posters, handouts, and documentation helps.

[www.gmcf.org/physician\\_office/diabetes/material.shtml](http://www.gmcf.org/physician_office/diabetes/material.shtml)



This is a 13 x 17" reproducible poster.

**DIABETES CHECK LIST**

Quarterly Exams		Year		
HbA1c	___/___/___/___/___/___	___/___		
Feet	___/___/___/___/___/___	___/___		
Annual Exams		Eyes	Urine Protein	Lipids
		___/___/___/___	___/___/___/___	___/___/___/___

This is a diabetes chart sticker that can be printed on Avery 6490 stickers

Handouts are available that can be used to teach clients about what their blood sugar number means.

## Parish Nurse Online Store

Mercy Parish Nurse and Health Ministry Program offers products that are designed to help you in your health ministry and parish nurse program. Visit our website for more details about other products – [www.pmhs.org](http://www.pmhs.org) and click on “Parish Nurse” and go to “Parish Nurse Store”.



***Thank you for reading The Faith Connection!  
We pray for God's blessings on your ministry.***